

Well Visit Check-Up Numbers

Understanding Health Visit Tests and Why They're Important

Know Your Numbers

During your health care visit, your provider will likely do a few tests. Typically, they will check your weight and height, your blood pressure, your heart rate, and possibly a urine sample.

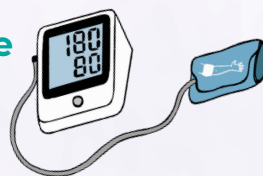
These numbers give your provider important information about how you are doing and help guide any needed advice or follow up.

Your provider can test for other concerns, such as thyroid function, sexually transmitted infections (STIs), pregnancy, vitamin and nutrient levels.

Ask your provider about cervical cancer screening (pap smear), skin cancer screening, and your mental health.

These are common tests during a check-up, but not everything that will be covered during your visit

Blood Pressure



Heart Health/ Cholesterol



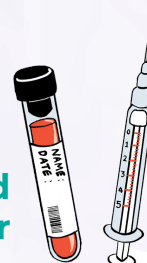
Weight/Height Measurements



Urine Sample



Blood Sugar



You can find resources about these tests at
[ShowYourLoveToday.com/Well-visit](https://www.showyourlovetoday.com/well-visit)

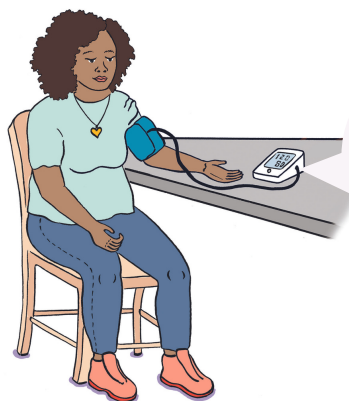


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ABOUT HRSA IM CoIIN PRECONCEPTION PROJECT: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UF3MC31239-Providing Support For The Collaborative Improvement and Innovation Network (CoIIN) To Reduce Infant Mortality. The grant amount totals \$1,494,993. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Blood Pressure

It is important to ask your provider about what is healthy for YOU.
There are many factors into what a healthy range for YOU might be.



120
80

Your blood pressure reading will have two numbers reported:

Systolic blood pressure (1st / top number)

How hard your blood pushes against your heart walls when the heart beats. Typically, you want this number to be under 120. This number is really important!

Diastolic blood pressure (2nd / bottom number)

How hard your blood is pushed against your heart walls while the heart is resting between beats. Typically, you want this number under 80. This number is also important.

Why It Matters

Having a blood pressure that is too high for your body can cause long-term issues for you – mentally and physically. Without care, it can also impact a future pregnancy. Checking your blood pressure and managing it with medication, diet, exercise, and stress reduction can help reduce your risk of heart attack, heart disease, and stroke.

What If My Blood Pressure is High?

The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested. Your provider will check during visits, but you can also monitor your blood pressure at many local pharmacies for free or at-home with an automatic monitor that your provider has approved for accuracy.

Helpful tips for an accurate blood pressure test include: Try to be sitting for more than 15-minutes so your heart rate is rested. Sit with both feet on the ground and arms at-ease. Take a few deep breaths if you feel nervous or stressed while the arm sleeve is testing your pulse.

If you don't think your blood pressure reading is accurate, speak up and ask to test again.

When to call for help:

If you are having a lot of headaches, trouble sleeping, feeling stressed and anxious, and concerned about your blood pressure being high, it is important to talk to a professional right away. Some people with high blood pressure don't have any symptoms - a blood pressure test is the only way to know if you're at risk.

Want to know more? Ask your health provider about your blood pressure numbers, what they mean, and how to stay in a healthy range. There are steps you can take to lower your blood pressure, feel better, and decrease risk of health complications. Check out information from the American Heart Association.



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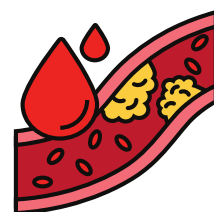
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Heart Health



During your health care check-up your provider may check your heart rate - the number of times your heart beats per minute. Knowing your heart rate can help you monitor your fitness level and alert you if you might be developing health problems.

Your resting heart rate is how many times your heart beats (what you can feel with your pulse) in a minute when you've been still for a while. Lower is better in this case! For adults, between 60 and 100 beats per minute (bpm) is normal.



What is Cholesterol?

A type of fat (lipid) your body uses to build cells and make hormones. Too much can be bad.

Why It Matters

Your heart health can tell a larger story and signal problems. During your check-up, your provider may test your cholesterol levels by drawing blood. They'll test your cholesterol levels through a blood test typically called a lipid panel or lipid profile. There are some 'good' and some 'bad' types of cholesterol. Overall, high cholesterol, also known as hypercholesterolemia, is a major risk factor for heart disease and stroke. Having high cholesterol levels when you are younger can lead to heart problems later on.

Why It Is Important to Test

People with high cholesterol may not have any symptoms. For some, feeling very tired, sick to the stomach, and chest pain are warning signs something is wrong.

High cholesterol CAN run in families as well, so it is important to learn about your family health history, and if anyone has had trouble managing cholesterol or blood pressure.

There are things you can do to lower your cholesterol levels. Talk to your provider about treatment options as well as specific diet and lifestyle changes. Visit [AmericanHeart.org](https://www.AmericanHeart.org) for details and resources.

Notes:



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Checking Height, Weight, BMI



How you feel in your body matters.

At the beginning of a visit, usually a nurse or medical assistant will ask you to stand on a scale and against a wall to capture your height and weight. These numbers can be put onto a chart to find your Body Mass Index (BMI). BMI is one way to know if your weight is under or over what is considered "normal" for your height. This is just one way to think about weight. It can be helpful for some people, but can also cause stress because the BMI wasn't designed for the many different body sizes that people have.

Talking about weight is hard and can raise many issues - no matter where you are on the chart!

Why It Matters

Underweight and overweight conditions can affect overall organ system health (think: heart health, brain function), metabolism, fertility, and other health conditions that are important for maintaining overall wellness. Under and overweight also effects long term outcomes, including fertility and pregnancy. Size does not always indicate health, so it is important to talk to a provider about what your numbers might mean and anything related to weight that doesn't feel right.

Being mindful about physical and mental wellness



How you feel is important



Know your worth comes from within



Set realistic boundaries and goals for yourself



Protect yourself from comparisons and harmful messages



Listen to what your body needs



Prioritize yourself, inside and out

If you have concerns about your body, weight, or are struggling with how you feel about your body, talk to someone you trust.

For more weight management resources and support, ask your provider or scan QR below.



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Additional Well Visit Tests

Urine Sample



Your provider may ask you to give a urine sample. They will hand you a clear cup to pee in with direction to clean, prep, and urinate in the cup. Your provider will use your pee to check level of minerals, protein, blood cell counts, and more to check if anything is too high or too low.

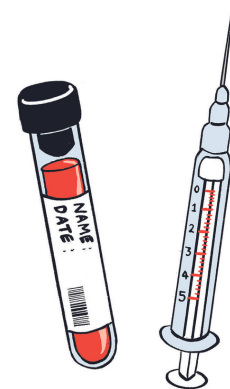
Why It Matters

By checking levels of protein and minerals in your urine, your provider can monitor if you may have developed a new health condition, and if your existing health conditions are properly managed.

Blood Sugar

Your provider may also check your blood sugar levels with a finger prick and a few drops of blood. This will help your provider know if your blood sugar is too high or too low (different problems).

Your blood sugar reading shows the amount of glucose, the main sugar found in your blood. That glucose comes from food and drinks that your body will use for energy. Your blood carries this sugar to all of your body's cells to use for energy.



Why It Matters

Keeping your blood sugar in your target range is important to help prevent long-term health problems, such as pre-diabetes, diabetes, and heart disease. Staying in your target range can also help improve your energy and mood.

If you would like to become pregnant, good control of your blood sugar before and during pregnancy helps prevent diabetes-associated birth defects and problems like gestational diabetes and high blood pressure that can harm you and your baby. Talk with your provider about becoming pregnant and how that might change your blood sugar target range.

Learn more about what your numbers might mean during your wellness visit. If you aren't sure, ask your provider for details and tips to keep you in healthy ranges.



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